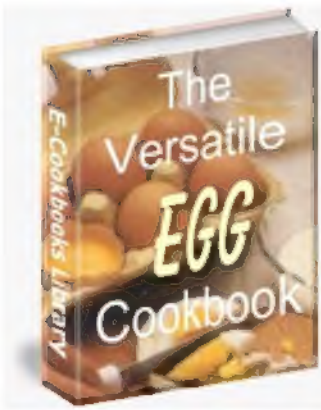

The Versatile Egg Cookbook

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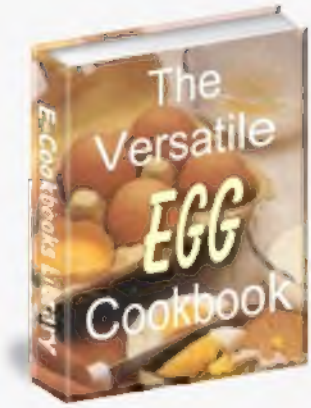

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ASPARAGUS TOMATO QUICHE

1 (10–inch) pie shell, partially baked
4 large eggs, beaten
3 T. flour
1 tsp. paprika
1 tsp. salt
1/2 tsp. dry mustard
1 1/2 C. half–and–half
2 C. grated Swiss cheese
10 fresh asparagus spears, washed and trimmed
1 medium tomato, sliced into 4 (1/4–inch) slices

Preheat oven to 375°F.

Beat eggs with next 4 ingredients; stir in cheese.

Saving 6 asparagus spears for the top, chop the rest into 1–inch lengths; lay on bottom of pie shell. Pour in liquid. Bake for 20 minutes. Remove and quickly arrange tomato and asparagus on top in a wagon wheel pattern; bake another 20 to 30 minutes.

sticking. Stack crepes between layers of waxed paper, if desired, until ready to fill.

Mornay Sauce

- 1 1/2 cups skim milk
- 3 tablespoons flour
- Dash pepper
- 3/4 cup (3 oz.) shredded reduced–fat Swiss cheese
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons dry vermouth, white wine or lemon juice

In covered jar or blender container, shake or blend together milk, flour and pepper. In medium saucepan over medium–high heat, cook, stirring constantly, until mixture boils and is smooth and thickened. Remove from heat. Stir in cheeses until Swiss cheese is melted. Stir in vermouth.

AVOCADO EGG SCRAMBLE

- 1 avocado
- Salt
- 8 eggs
- 1/2 C. dairy sour cream
- 1 tsp. seasoned salt
- 1/4 tsp. pepper
- 1 T. butter

Cut avocado lengthwise into halves, remove seed and skin. Dice avocado and sprinkle lightly with salt. Beat eggs with sour cream, seasoned salt and pepper. Melt butter in skillet, tipping to coat all sides. Add egg mixture and cook slowly, stirring now and then. When almost set, carefully fold in avocado. Serve at once.

BASIC HARD–COOKED EGGS

Place the number of eggs desired, 2 tablespoons water per egg and a pinch of salt in a pan with a tight–fitting lid. Place covered pan on heating unit and turn heat to high until steam appears. Turn off heat but leave pan on unit for 25 minutes. Plunge eggs into ice water to cool. Peel immediately. Yolks will not darken by this method.

COMPANY SCRAMBLED EGGS

- 1 (2 1/2 oz.) jar Armour® Star Sliced Dried Beef, rinsed, chopped
- 1 C. sliced mushrooms
- 4 T. butter or margarine
- 6 eggs
- 1/3 C. milk
- Dash of salt
- Dash of pepper
- 1 T. chopped parsley

In fry pan, cook dried beef and mushrooms in 3 tablespoons butter or margarine 10 minutes. Remove mixture, keeping warm. Add remaining butter or margarine to pan. Combine eggs, milk, salt and pepper; pour into pan. Cook slowly, stirring until eggs are thickened but moist; remove to serving platter. Top with dried beef mixture; sprinkle with parsley. Makes 4 servings.

CREAM CHEESE SCRAMBLED EGGS

- 12 eggs
- 1 C. light cream or half–and–half
- 6 oz. cream cheese, cubed
- 3/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 C. plus 2 T. butter or margarine

Combine first 5 ingredients in container of electric blender; cover and blend at medium speed until frothy (about 10 seconds).

Melt butter in a large heavy skillet over medium heat; add egg mixture. Cook over low heat until eggs are partially set, lifting edges gently to allow uncooked eggs to flow underneath. Cook until eggs are set but still moist (9 to 12 minutes). Yields 8 servings.

DEVILED EGGS

- 6 eggs
- Dash of salt
- Dash of pepper
- 1/4 tsp. mustard
- Celery seeds
- 1 1/2 to 2 1/2 T. mayonnaise
- Paprika
- Green olives, sliced

Hard boil eggs. Cool 10 minutes and remove shells. Cut into halves lengthwise and remove yolk. Cream yolk, salt, pepper, mustard and mayonnaise. Put 1/2 teaspoonful into egg whites and garnish with olive slices and paprika. Makes 12.

DEVILISH DEVILED EGGS

- 6 eggs, hardboiled
- 1 (2 1/4 oz.) can deviled ham
- 1/2 C. mayonnaise
- 1/3 C. chopped green olives
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. prepared mustard

Cut eggs in half. Spoon out yolk and place in small bowl. Place egg whites on serving plate. Mash yolks. Add remaining ingredients. Mix well. Spoon mixture into egg whites. Garnish with paprika or parsley, if desired. Chill.

DILLY VEGGIE DUNK

- 1 cup low–fat sour cream, sour half & half or plain yogurt
- 1 tablespoon instant minced onion
- 1/2 teaspoon dried dill weed
- 1 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 garlic salt
- 2 drops hot pepper sauce
- 3 hard–cooked eggs , sliced
- Fresh dill weed, optional
- Fresh vegetable dippers

Combine all ingredients except eggs, fresh dill weed and dippers. Beat until well blended. Reserve 2 center hard–cooked egg slices for garnish. Chop remaining eggs. Stir chopped eggs into sour cream mixture. Cover and chill to blend flavors. Garnish with reserved egg slices and dill weed, if desired. Serve with fresh vegetable dippers.

EASY SOUFFLÉ

- 1 (10 3/4 oz.) can Campbell's Condensed Cream of Celery Soup
- 1 C. shredded sharp process cheese
- 6 eggs, separated

In saucepan, combine soup and cheese. Heat slowly until cheese melts. Stir occasionally. Remove from heat. Beat egg yolks until thick and lemon–colored; gradually stir in soup mixture.

In large bowl, using clean beater, beat egg whites until stiff peaks form; fold in soup mixture. Pour into ungreased 2–quart casserole. Bake at 300°F for 1 hour to 1 hour 15 minutes or until soufflé is brown.

Serve immediately. Makes 4 to 6 servings.

EGG FOO YUNG

- 5 eggs
- 1/2 C. shredded scallions
- 1 C. bean sprouts, drained well if canned

Mix all together and fry in patties. Smother with Chinese Gravy.

Chinese Gravy

- 1 C. chicken broth
- 1 tsp. sugar
- 1 tsp. soy sauce
- 1/4 tsp. MSG
- 1 T. cornstarch, mixed with a little water
- Salt
- Pepper

Cook over low heat until thick. Serve over Egg Foo Yung.

EGG SALAD PIZZA CONES

- 1/4 cup bottled reduced–fat creamy Italian salad dressing
- 1/2 teaspoon Italian seasoning, crushed
- 6 hard–cooked eggs, chopped
- 1/4 cup sliced green onions with tops
- 1/4 cup minced pepperoni
- 6 plain ice cream cones
- Chopped mushrooms, green peppers, black olives as desired
- 3/4 cup pizza sauce
- 2 tablespoons grated Parmesan cheese

In medium bowl, stir together dressing and seasoning. Stir in eggs, onions and pepperoni. Cover and refrigerate until ready to serve.

To serve, scoop about 1/3 cup of the mixture into each cone. Top with about 2 tablespoons pizza sauce and mushrooms, peppers and olives as desired. Sprinkle each with about 1 teaspoon cheese.

EGGS DEL MONICO

- 1/2 jar small pimento, chopped
- Salt and pepper, to taste
- 1 C. grated American cheese
- 2 cans cream of mushroom soup, undiluted
- 2 hardboiled eggs per person
- English muffins

Add pimento, salt, pepper and cheese to mushroom soup. Heat slowly, stirring constantly. Slice eggs into soup mixture and continue to heat. Slice, butter and toast English muffins. Pour sauce over English muffins. Yields 6 to 8 servings.

EGG SUBSTITUTE

This is a good alternative to whole eggs for those who need to watch their diets.

- 3 egg whites
- 2 T. instant nonfat dry milk powder
- 1 tsp. water
- 2 to 3 drops yellow food coloring (optional)

In a small bowl, combine all ingredients; mix well. Use as a substitute for eggs. Yields 1 serving (equivalent to 2 eggs).

Diabetic exchanges: 1 very lean meat, 1/2 skim milk

FETTUCINE SUN SALAD

- 1/2 cup cooking oil
- 1/3 cup white wine vinegar
- 1/4 cup grated Parmesan cheese
- 4 sun–dried tomatoes*
- 2 large garlic cloves
- 1 1/2 teaspoons basil leaves, crushed
- 1/8 teaspoon ground red pepper
- 8 ounces spinach fettucine, cooked and drained
- 4 plum tomatoes, seeded and diced
- 1 medium zucchini, halved and sliced
- 1 cup (4 oz.) shredded mozzarella cheese
- 6 hard–cooked eggs, wedged

Put first seven ingredients in blender container. Cover and blend until smooth. Pour into large bowl. Add fettucine, tomatoes, zucchini, and cheese. Toss until evenly coated with dressing. Add eggs and toss gently. Cover and chill to blend flavors.

FRITTATA

- 1 (6 oz.) jar marinated artichoke hearts
- 2 T. butter
- 1 C. Dole® Fresh Mushrooms, sliced
- 1/4 C. chopped scallions
- 6 eggs
- 1 1/2 tsp. garlic salt
- 2 T. white wine
- 2 T. grated Parmesan cheese

Drain artichoke marinade into a 10–inch ovenproof skillet. Add butter and melt. Sauté mushrooms until golden. Add artichoke hearts and scallion, tossing until heated through. Turn heat to medium. Beat eggs with garlic salt and wine until blended. Pour over mushroom mixture. DO NOT STIR. Cook slowly until sides are bubbly. Sprinkle with cheese and place under broiler until cheese is browned and eggs are set. Serve directly from skillet. Makes 4 servings.

GREEN CHILE FRITTATA

- 1/2 C. all–purpose white flour
- 1 tsp. baking powder
- 10 eggs, lightly beaten
- 1/4 lb. butter, melted, slightly cooled
- 2 C. small–curd cottage cheese
- 1 lb. Monterey Jack cheese, grated
- 3 (4 oz.) cans diced green chiles
- Salt, to taste

Preheat oven to 350°F. Butter a 13 x 9–inch shallow baking dish. Mix flour and baking powder. Add eggs and butter, blending well. Blend in remaining ingredients. Put mixture in the prepared baking dish and bake for 35 to 45 minutes, or until set. Cut into squares and serve very hot.

GREEN CHILE QUICHE

- 1 (9–inch) frozen pie crust shell
- 1 (4 oz.) can chopped green chiles, drained
- 1/4 C. ripe olives, quartered
- 1 C. shredded Cheddar cheese
- 3 eggs
- 1/2 C. milk

Spread green chiles over bottom of pie crust. Place olives on top of chiles. Sprinkle cheese on top. Beat together eggs and milk; pour over cheese. Bake on cookie sheet in 375°F oven 30 to 35 minutes or until knife inserted 2 inches from edge comes out clean. Let stand 10 minutes before serving.

IMPOSSIBLE QUESADILLA PIE

- 2 (4 oz.) cans diced green chiles
- 2 C. milk
- 4 C. grated cheese
- 4 eggs
- 1 C. Bisquick®

Sprinkle chiles and cheese in a 10–inch pie plate. Blend milk, Bisquick® and eggs in a blender until smooth. Pour over cheese and chiles. Bake at 425°F for 25 to 30 minutes, or until done.

LEMON PINEAPPLE FROSTIES

- 1/2 cup sugar
- 2 tablespoons cornstarch
- 2 cups unsweetened pineapple juice
- 3 eggs
- 1/3 cup lemon juice
- 1 cup fresh or frozen blueberries, pureed

In small saucepan, stir together sugar and cornstarch. Stir in pineapple juice until throughly blended. Cook over medium heat, stirring constantly, until mixture boils. Stir a little of the hot mixture into eggs, then stir back into hot mixture. Reduce heat to low and stir until mixture bubbles, about 2 minutes. Stir in lemon juice.

Spoon into 6 (6 oz.) custard cups or gelatin molds. Freeze several hours or overnight.

To serve, spoon about 2 1/2 tablespoons puree onto each plate and gently place unmolded frosties in center.

MARDI GRAS EGGS

These are great for football games or picnics.

- 4 large hardboiled eggs
- 1/4 C. flour
- 1 lb. bulk sausage
- 1 egg, beaten
- 1 C. seasoned bread crumbs
- Vegetable oil for frying

Roll hardboiled eggs in flour. Mold sausage around eggs. Roll eggs in beaten egg and dredge in bread crumbs. Fry in deep fat heated 350°F to 375°F until golden brown.

COOKED MAYONNAISE

- 2 egg yolks
- 2 tablespoons vinegar or lemon juice
- 2 tablespoons water
- 1 teaspoon sugar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash pepper
- 1 cup cooking oil

In small saucepan, stir together egg yolks, vinegar, water, sugar, mustard, salt and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, **very** slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

MEXICAN QUICHE

- 4 (6–inch) flour tortillas
- 4 oz. jack cheese with peppers, sliced
- 1/2 tsp. chili powder
- 2 C. milk
- 4 eggs, beaten
- 1/2 tsp. salt
- 1 (3 oz.) can French fried onions
- 1/4 tsp. dry mustard

Press one flour tortilla in each of four casseroles; top with cheese slices and about 3/4 of the onion rings. In saucepan, heat milk to almost boiling. Gradually add hot milk to eggs, blending well; stir in salt, chili powder and mustard. Divide egg mixture between casseroles. Bake at 350°F for 23 minutes. Top with remaining onions and bake 5 minutes more. Let stand at room temperature for 5 minutes before serving. Makes 4 individual casseroles.

ORANGE SPICE PICKLED EGGS

- 8 hard–cooked eggs
- 1 1/2 cups white vinegar
- 1/4 cup water
- 1 can (6 oz.) frozen orange juice concentrate
- 1 cinnamon stick, broken
- 8 whole cloves, crushed

Arrange eggs in 1–quart jar with tight–fitting lid.

In medium saucepan, stir together all remaining ingredients. Bring to boiling. Reduce heat and gently simmer 5 minutes.

Pour hot mixture over eggs. Cover tightly. Store in cool place OR cool at room temperature 1 hour. Refrigerate to blend flavors, at least several days or up to several weeks. After opening, refrigerate and use within 1 week.

PICKLED EGGS

- 3 C. beet juice or cooking water from fresh beets
- 1 C. red wine vinegar
- 8 whole black peppercorns
- 4 whole allspice
- 4 whole cloves
- 1 bay leaf
- 6 hard cooked eggs, peeled

Heat beet juice, vinegar, peppercorns, allspice, cloves and bay leaf to boiling; pour over eggs. Cover and refrigerate at least 24 hours.

POTATO CHIP QUICHE LORRAINE

- 1 1/2 C. finely crushed potato chips
- 1 tsp. paprika
- 1 C. half–and–half
- 1 C. whipping cream
- 3 eggs, beaten
- 1/4 lb. bacon, cooked crisp and crumbled
- 2 T. sliced scallions
- 1/4 tsp. salt
- Dash each pepper and nutmeg
- 2 C. grated Swiss cheese

Combine chips and paprika; gently press into bottom and 1 1/2 inches up sides of 8–inch springform pan.

In saucepan warm half–and–half and cream; beat into eggs to blend. Stir in remaining ingredients. Pour into crust. Bake in 375°F oven 30 to 35 minutes, until custard is set and golden. Makes 6 servings.

POT OF GOLD

- 8 eggs
- 1 cup milk
- 1 tablespoon instant minced onion
- 1/2 teaspoon salt (optional)
- 1 quart cubed day–old or older bread (about 6 slices)
- 1 cup shredded carrots
- 1 cup (4 oz.) shredded Cheddar cheese

In large bowl, beat together eggs, milk, onion and salt, if desired, until blended. Stir in remaining ingredients. Pour into greased 1 1/2–quart casserole. Cover. Refrigerate several hours or overnight. Uncover.Bake in preheated 350° F oven until knife inserted near center comes out clean, about 55 to 60 minutes.

SAUSAGE QUICHE

- 1/2 lb. Bob Evans Farms® Roll Sausage
- 1 unbaked 9–inch pie crust
- 1 tsp. butter
- 1 medium onion, chopped
- 1/2 C. grated Swiss cheese
- 4 eggs
- 1 C. milk
- 1 C. heavy cream
- 1/2 tsp. salt
- 1/4 tsp. pepper

Crumble sausage and cook until brown. Remove sausage and add butter and onions to drippings. Cook for 5 minutes.

Cover bottom of pie crust with sausage, onions and 1/4 cup cheese.

In mixing bowl combine remaining cheese, eggs, milk, cream, salt and pepper. Mix well and pour over sausage mixture. Bake at 425°F for 15 minutes. Reduce heat to 350°F and continue baking until brown and well set (approximately 20 minutes longer). Serves 6.

SOUTHERN STUFFED EGGS

- 12 hardboiled eggs
- 1/2 tsp. salt
- 1 tsp. dry mustard
- 1/5 tsp. pepper
- 5 slices bacon, crisply fried and finely crumbled
- 1/2 C. mayonnaise or salad dressing
- 1/2 to 1 tsp. white vinegar
- Paprika

Cut peeled eggs in half lengthwise. Take out yolks and mash with fork. Mix in salt, mustard, pepper, bacon, mayonnaise and vinegar. Fill egg whites with yolk mixture. Sprinkle with paprika. Keep covered in refrigerator. 1/4 cup finely chopped sweet pickles may be substituted for bacon for a different flavor.

SOUTHWESTERN QUICHE

- Prepared pie crust dough
- 1 large tomato, sliced
- 2 1/4 oz. can sliced black olives
- 6 scallions, chopped
- 8 oz. Monterey Jack with jalapeños, grated
- 4 eggs
- 1 T. flour
- 1/2 C. half and half
- Pinch of nutmeg

Preheat oven to 375°F. Place pie crust in an 8– or 9–inch pie pan. Arrange tomato slices on bottom. Drain olives. Over tomatoes, sprinkle olives, onions and cheese. Beat eggs with flour, half and half and nutmeg. Bake 50 minutes or until lightly brown on top. Makes 6 to 8 servings.

SWISS BACON PLEASERS

- 6 slices bacon
- 1 (8 oz.) pkg. crescent rolls
- 4 slices Swiss cheese
- 3 eggs, slightly beaten
- 3/4 C. milk
- 1 T. instant minced onion
- 1 T. diced parsley

Cook, drain and crumble bacon; set aside. Separate rolls into 4 rectangles and press into 2 well–greased and floured 8–inch square pans. Place 2 cheese slices over dough in each pan. Combine eggs, milk and onion; pour 1/2 milk mixture over cheese in each pan. Sprinkle 1/2 bacon and parsley over each pan. Bake at 425°F for 15 to 18 minutes. Cut into 2–inch squares.

TANGY RASPBERRY SALAD

- 2 tablespoons olive oil
- 1/3 cup water
- 3/4 cup raspberry vinegar
- 1 tablespoon orange juice
- 3/4 teaspoon finely minced garlic
- Salt to taste
- Pepper to taste
- 8 cups loosely packed, torn mixed salad greens (12 oz.)
- 1 1/2 cups fresh or frozen (no sugar added) raspberries
- 1 tablespoon chopped green onion with top
- 6 hard–cooked eggs, quartered

In jar with tight–fitting lid, shake together oil, water, vinegar, orange juice, garlic and seasonings. Set aside while preparing salad or refrigerate.

Place salad greens in large bowl. Add raspberries, onions, and eggs. Shake dressing again; pour over salad. Gently toss until ingredients are evenly coated with dressing.

TORTILLA QUICHE

- 1 (12–inch) flour tortilla
- 1 1/2 C. grated Monterey Jack cheese
- 1 C. grated sharp Cheddar cheese
- 1 (4 oz.) can chopped green chiles
- 3 eggs
- 1 C. sour cream
- 1/4 tsp. salt
- 1/8 tsp. cumin

Preheat oven to 350°F. Place tortilla in bottom of a lightly greased 10–inch pie plate. Sprinkle Jack cheese and half of Cheddar cheese over tortilla. Sprinkle chiles over cheese.

Beat eggs, sour cream, salt and cumin. Pour over chiles and top with the remaining Cheddar cheese. Bake for 45 minutes. Let sit 10 minutes before cutting. Makes 6 servings.